

HERITAGE CENTER

2018

Recreation for 55+

March



2nd Annual Symposium: Navigating Through Fraud, Scams, and Other Obstacles

Please mark your calendars for **Tuesday, April 17**. We will be hosting a full-day Symposium focusing on Fraud and Identity Theft. Spend the day learning from local experts from Utah Consumer Protection Agency, Department of Commerce, Division of Securities, and other government agencies.

No other classes or services will be held on Tuesday, April 17. Registered participants will be able to attend all sessions and have lunch for the cost of **\$8** per person. [Register now.](#)

The keynote speaker for the morning session will be Daniel O'Bannon, Director of the Utah Consumer Protection Agency.



2018 Special Events

Friday, March 16	St. Patrick's
Tuesday, April 17	Fraud Symposium
Tuesday, May 8	Mother's Day Tea
Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

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Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Heritage Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the Heritage Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Center all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Heritage Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Heritage Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Heritage Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Heritage Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Heritage Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the Heritage Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

KidsEat! Fundraiser

The Heritage Center Seniors have an opportunity to participate in a **FOOD GIFTING** fundraiser for KidsEat! There are bins in the Lobby where we can donate from the selected list of foods needed.

To learn more about KidsEat! visit their website at www.kidseatutah.org.

Foods: Applesauce Cups, BelVita Bars, Chili, Crackers (Graham, Ritz, Saltine), Lasagna, Mac and Cheese, Peanut Butter (8 ounce jars), Individual Oatmeal, Pudding Cups (Non-Refrigerated), Soup, SpaghettiOs, Trail Mix, Tuna, and Vienna Sausage.

Avoid: Beans, Chips, Cookies, Top Ramen, Glass, Expired Foods

Dance Lessons: American Smooth Ballroom

Kyle and Jackie Kidd are teaching a five-session **DANCE LESSON WORKSHOP** beginning **Monday, February 5** at **1:00-2:00**. Dates: February 5 and 12, March 5, 12, and 19.

Cooking Classes

Join our chef, Scott, and learn the fun facts and history of ingredients as we cook our meals. **COOKING CLASSES** will be held **Tuesday** at **3:00-4:00**. The cost is **\$10** per class. Class size is limited to five. Take home all the ingredients and the recipe! [Register now.](#)

March 6	Omelet
March 13	Eggs Benedict
March 20	Almond Crusted Tilapia
March 27	Carrot Ginger Soup

Readers Theater

The **READERS THEATER** troupe meets **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun! The troupe will occasionally perform their new plays at 12:30 between lunch and bingo on Fridays.

Senior Oral Health

On **Wednesday, March 14** at **10:00**, Dr. Tyler Williams will discuss six simple solutions to better **ORAL HEALTH** (and your wallet's health) in this wonderful presentation. From brushing basics to financial tips, Dr. Williams has helpful hints and tips for you. This is a **free** class. [Register now.](#)

Understanding Medicare 101

On **Wednesday, March 21** at **10:30**, Bill Barron from Salt Lake County Aging and Adult Services will be at the Center to present **UNDERSTANDING MEDICARE**. Bill will teach you to navigate through your Medicare choices. He will also educate you on how to pick the best plan for your dollars. He can help you find available subsidies to lower your cost of prescription drugs. Whether you are new to Medicare or not this class is designed to answer your questions and resolve any issues. This is a **free** class. [Register now.](#)

6th Annual Storytelling Workshop

The Center is pleased to bring back the **STORYTELLING WORKSHOP** this year. The Murray City Cultural Arts Department sponsors this workshop. It will be starting on **Friday, February 23** at **10:00-12:00**. This six-week workshop will run every **Monday** and **Friday** until **Friday, March 30**.

It is a fun way to get back in touch with stories you remember from earlier days. The first workshop will be an introduction to storytelling and will cover what you may expect to learn from this workshop. This is a **free** workshop. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, March 27** at **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license.

Check with your auto insurance company about a possible insurance discount for attending this class.

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, March 13** at **10:30**, Rhonda will present a new wellness class called **ANXIETY: WHAT IT IS AND HOW TO MANAGE IT**. In order to work with anxiety we have to first understand what it is! The purpose of this wellness class is to fully understand what anxiety is, where our anxiety comes from, and why we experience it. Commit to living a better life by learning the keys to anxiety. Truly no one can bring you peace of mind but yourself. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, March 5** through **Monday, April 9** at **9:00-12:00**. Cost is **\$33**. Registration begins on Wednesday, February 21.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, March 5** through **Monday, April 9** at **1:00-3:30**. Cost is **\$33**. Registration begins on Wednesday, February 21.

Sandi Olson's **PAINTING** class will run through **Wednesday, March 21** from **9:00-12:00**. A new class will begin **Wednesday, April 4** through **May 23**. Cost is **\$40**. Registration begins on Tuesday, March 20. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Paint Night

We are pleased to bring in Liquid Canvas for **PAINT NIGHT** on **Thursday, March 29** at **2:00-4:00**. Liquid Canvas combines art with entertainment. Our most talented and fun artists will come to teach and paint with you step-by-step. Even if you've never painted before, you'll be feeling like a pro by the end of this class. All supplies and paints will be provided. *No previous art experience needed.* A light snack will be provided. Cost is **\$25**. Register now.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meet on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, March 13** will be a cute Easter door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:00**. Register now.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will begin a new five-week series on **Wednesday, February 28** through **Wednesday, March 28** at **12:30-1:30**. This is a **FREE** class. Space is limited to five participants. Register now.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00 and 3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held.

The Heritage Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Heritage Walking Club

Get fit and have fun with the Heritage Walking Club. The benefits of walking include improving cardio fitness, lowering blood pressure and slowing the aging process. We will supply walking routes to assist you in getting started.

Cost of the program is **\$7** and all participants will receive a t-shirt and a pedometer to track your progress. Register now and start walking **Monday, April 2**.

Prizes will be awarded based upon "step-by-step" goals.

Summer Family Concert Series

Monday, Jun 11

Monday, Jul 9

Monday, Aug 13

Monday, Sep 10

IN CAHOOTS (classic country)

SKYEDANCE (Celtic)

COMPANY B (jazz)

MIXED NUTS (big band)

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Tuesday, March 13** from **11:00-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

You will meet the cashier in the dining room to fill out your order form and pay. Next, take a seat and a server will bring your order to you once it is ready.

Please come and enjoy! The brunch is in lieu of lunch so be sure to come early!

Monday Lite Lunch

We have been adding more classes on Monday and have decided to offer a **LITE LUNCH** on **Mondays** from **11:30** until **12:30**. There will be no main entrée; however, you may request a made-to-order sandwich or salad or order the soup of the day. The cost range will be **\$2 to \$4** per item. Chips, fruit, or dessert are 50¢.

Special Easter Bingo

Join us as we celebrate **EASTER** with a Special Easter Bingo on **Good Friday, March 30** at **12:45**. We will have special themed prizes for the bingo winners.

Golf General Meeting

The Heritage Center's **GOLF LEAGUE** will begin this year with the general meeting of all interested players on **Monday, April 9** at **10:30** at which time the schedule will be reviewed and local rules for the season outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.



Irish Storytelling

The Center is pleased to bring back **IRISH STORYTELLING** on **Tuesday, March 13** at **10:30**. Michael Donovan from Cashel, County Tipperary and Jim Duignan from Dublin will be at the Center to delight you with their Storytelling skills.

One never knows what these storytellers will come up with on the day of their presentation; Irish storytellers are famous for their wit and inventiveness. The extraordinary range of Irish stories comes from a folklore tradition more than 2,000 years old, which successfully blended Celtic, Christian, and English influences to create some of the most distinctive oral literature in all of Europe. They will entertain you with their stories and give you a sense of rich Irish history and lots of laughs. This is a **free** class.

[Register now.](#)



St. Patrick's Celebration

Celebrate **ST. PATRICK'S DAY** with us on **Friday, March 16** at **11:00** and enjoy a Corned Beef and Cabbage meal. Cost is **\$8**. [Advance payment and reservation are needed.](#) For this special event you will be reserving the table where you sit so you can purchase one or all eight of the seats at the table. [Register now.](#)

Rinceoiri Don Spraoi, Irish Step Dancers, will be performing at 11:00-11:30. The Rinceoiri Don Spraoi, pronounced "rin-cory don spree" in Gaelic, means: "dancing for fun." This Salt Lake Valley based school provides Irish dance education solely for the love of Irish Culture.

The doors to the room will open at 10:30. Lunch will be served at 11:45. This special St. Patrick's Day menu consists of Corned Beef and Cabbage, Potatoes, Dinner Roll, Irish Soda Bread Pudding, and Drink.



Monthly Calendar

2018

Murray Heritage Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA / Watercolor 10:00 Storytelling Workshop 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:30 Lite Lunch 12:30 Balance / Personal Training 1:00 Dance Lesson / Art Class 1:00 Movie: How to Train Your Dragon 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Beginning Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: Omelet
9:00 NIA 9:00 Watercolor 10:00 Storytelling Workshop 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:30 Lite Lunch 12:30 Balance / Personal Training 1:00 Dance Lesson / Art Class 1:00 Movie: Dragon 2 2:00 Strength Conditioning	8:30 Ceramics / 9:00 Stretch 9:30 Line Dance 10:30 Beginning Tai Chi / Vital Aging 10:30 Irish Storytelling 11:00 Canasta / Brunch Café 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:00 Crafting with Susan 3:00 Cooking Class: Eggs Benedict
9:00 NIA 9:00 Watercolor 10:00 Storytelling Workshop 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:30 Lite Lunch 12:30 Balance / Personal Training 1:00 Dance Lesson / Art Class 1:00 Movie: The Shadow Riders 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Beginning Tai Chi 11:00 Canasta / 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: Almond Crusted Tilapia
9:00 NIA / Watercolor 10:00 Storytelling Workshop 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:30 Lite Lunch 12:30 Balance / Personal Training 1:00 Art Appreciation 1:00 Movie: Serendipity 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Beginning Tai Chi 11:00 Canasta / 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class: Carrot Ginger Soup

WEDNESDAY	THURSDAY	FRIDAY
	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 1	9:00 Zumba 10:00 Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge 7	8:00 Pickleball Instruction 8:30 Ceramics / Wendover 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 NO Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 8	9:00 Zumba 10:00 Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 9
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Senior Oral Health 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge 14	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage 12:30 Natural History Museum 2:00 NO Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 15	9:00 NO Zumba 10:00 Yoga 10:00 Storytelling Workshop 11:00 ST. PATRICK'S DAY (\$8) 11:15 NO Chair Aerobics 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 16
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Understanding Medicare 101 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge 21	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 22	9:00 Zumba 10:00 Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 1:00 Woodcarvers Trip 23
9:00 Painting (<i>no instructor</i>) 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge <i>Tuacahn Trip Registration Begins</i> 28	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 10:00 Serving Time Café 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 2:00 Liquid Canvas: Paint Night 3:00 Readers Theater 7:00 Evening Social Dance 29	9:00 Zumba 10:00 Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Special Easter Bingo 1:00 Bridge 30

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, March 8** and **Thursday, March 22** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Monday** at **1:00** for a **free MOVIE** and popcorn!



HOW TO TRAIN YOUR DRAGON

Monday, March 5
2010 / 98 minutes
Animated



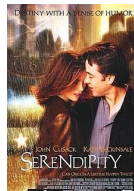
HOW TO TRAIN YOUR DRAGON 2

Monday, March 12
2014 / 102 minutes
Animated



THE SHADOW RIDERS

Monday, March 19
1982 / 96 minutes
Western



SERENDIPITY

Monday, March 26
2001 / 91 minutes
Romantic Comedy

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Olympus Ranch, Theresa Brandon, Midvale Mining Café, Greg Waldron, and Tony Summerhays.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **11:45 to 3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage. 60-minute appointments are for one individual only; it cannot be split with anyone else.*

Ear Wax Removal and Hearing Testing

On **Monday, April 2** from **9:30 to 11:00**, Dr. Leibovich will be at the Heritage Center providing **EAR WAX REMOVAL** and hearing testing services. Appointments are available every 15 minutes. This is a **free** service. Advance appointments are required.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, April 26** from **9:30 to 12:00**. The cost is **\$11**. **Toenail scheduling will begin Thursday, March 22.** Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Transportation

TRANSPORTATION to and from the Heritage Center is available for Murray residents on **Wednesday**. The cost is **\$2** for a round-trip ride. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, March 13** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, March 20** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

AARP Tax Assistance

Volunteers from AARP will be providing free **TAX CONSULTATIONS** and preparation for tax payers with middle and low income who are age 55 or older.

This free and confidential service will be available each **Wednesday** through **April 11** from **12:30 to 4:00**. Appointments are required.

Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

VITA (Volunteer Income Tax Assistance) volunteers will be available on **Thursday** evenings. Appointments are encouraged. Please call 211 to schedule an appointment.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

BEGINNING TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are *not included* in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be at the Heritage Center every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The current eight-week session ends on **Monday, March 19** at **10:30-12:00**. A new session begins **Monday, March 26** through **May 14**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Wendover

Travel to **WENDOVER** on **Thursday, March 8** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Heritage Center at **8:30** and return at approximately **7:00**. [Register now](#). Next Wendover trip is **May 10**.

Natural History Museum

Immerse yourself in the marvels of natural engineering. Imagine if your jaws could crush over 8,000 pounds in one bite, your punch could break through aquarium glass, and your ears could act as air conditioners. From inside out, every living thing—including humans—is a machine built to survive, move, and discover.

Join us for this special exhibition at the Natural History Museum of Utah and learn about **NATURE'S ULTIMATE MACHINES**.

The bus will depart the Heritage Center at **12:30** on **Thursday, March 15**. Cost for the trip is **\$13**. [Registration begins Wednesday, February 28](#).

Great Salt Lake Woodcarvers Show

The Great Salt Lake **WOODCARVERS** are having their annual show and competition at Historic Wheeler Farm. See carving displays from beginner to experts, demonstrations, vendor booths, food booths and more! The bus will travel to Wheeler Farm at **1:00** on **Friday, March 23**. Cost for this trip is **\$5**. [Registration begins Wednesday, March 7](#).

2018 Overnight Trips

We have scheduled to attend the **SHAKESPEARE FESTIVAL** again this year. We will travel to Cedar City on **Monday, August 27** and return on **Wednesday, August 29**. The play selections have not been made yet.

Please watch our future newsletters for more detailed information.



Serving Time Cafe

- Bus Trip Reminders**
- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Heritage Center.
 - Please remember to bring your own water to enjoy on the trip.
 - For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Join us for lunch at the appropriately named **SERVING TIME/HARD TIMES CAFÉ** in Draper, overlooking the Utah State Prison. At this popular destination for senior center trips, you never know who you will be eating lunch with! Choose from a fun list of prison-related items and lunch will be on your own.

The bus will depart the Center at **10:00** on **Thursday, March 29** and travel to the Serving Time Café. Cost is **\$5** for transportation (lunch is on your own). [Registration begins Wednesday, March 14](#).

Tuacahn

It's never too early to be thinking about summer plans and our annual **TUACAHN** trip is set to depart **Monday, June 4**. Plan to travel to southern Utah and Mesquite and spend a few evenings at the Tuacahn Amphitheater. This year's plays will be Rodgers & Hammerstein's *Cinderella* and Roald Dahl's *Matilda The Musical*.

A chartered bus will depart from the Heritage Center on **Monday, June 4** and we will stay 3 nights at the Casa-Blanca Hotel in Mesquite, Nevada. Returning on **Thursday, June 7**. The cost is **\$375** per person (double occupancy) or **\$450** (single room) and includes lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Tuacahn, and tickets to the two musical plays.

[Registration begins Wednesday, March 28 and seating is limited](#). A minimum **\$50** deposit is required for each participant to register for the trip. [Trip payment in full required by Tuesday, May 1 at 4:00](#). Travelers may register for themselves and **one** other person.

Cancellations must be made prior to Tuesday, May 1 for a full refund. After May 1, trip refunded amounts will be on a case-by-case basis.

MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHICKEN PARMIGIANA Baked Zucchini Garlic Pasta Jello	2 GOULASH Side Salad Roll Parfait
5 LITE LUNCH 11:30 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	6 CHICKEN FRIED STEAK Party Potatoes Green Beans Banana Pudding	7 PULLED PORK SANDWICH Pasta Salad Baked Beans Birthday Cake and Ice Cream	8 ROASTED PORK LOIN Pesto Tortellini Broccoli Salad Cookie	9 CHICKEN POT PIE Fresh Fruit Cherry Crisp
<p>Lunch is served everyday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
12 LITE LUNCH 11:30 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	13 BRUNCH CAFÉ 11:00 - 12:30 	14 TERIYAKI CHICKEN Asian Crunch Salad Veggie Stir-fry Peanut Butter Brownie	15 CHICKEN TENDERS Mac 'n Cheese Peas 'n Carrots Root Beer Float	16 ST. PATRICK'S DAY \$8 per person \$64 per table Advance Purchase Required 
19 LITE LUNCH 11:30 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	20 LASAGNA Asparagus Roll Cupcake	21 CHICKEN ENCHILADAS Rice Side Salad Churro	22 MEATLOAF Mashed Potatoes and Gravy Corn Strawberry Shortcake	23 CHILI CHEESE DOG French Fries Broccoli Cookie
26 LITE LUNCH 11:30 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	27 CHICKEN CORDON BLEU Pasta Salad Cauliflower Key Lime Pie	28 POT ROAST Mashed Potatoes and Gravy Veggies Chocolate Mousse	29 HONEY HAM Scalloped Potatoes 3-Bean Salad Fruit Cobbler	30 SLOPPY JOE Onion Rings Cream Corn Cheesecake